Roman Army supremacy basics

1. Tightly-packed but flexible formation that created a shield wall and protected all soldiers equally.
2. Comprised of multiple different-sized units of soldiers that allowed the army to travel, fight, defend, and build camps and other structures incredibly quickly and efficiently.
3. Style of one-on-one fighting used an effective and energy-efficient means of sword movement that worked well in the tight formation of the Roman army.
4. Roman soldiers fought as an army, so that all of their movements were coordinated, and therefore their full attack was quick and devastating.
5. Used a line-relief system that allowed soldiers to fight very fiercely for a few minutes, and then to rotate out to rest for much longer.